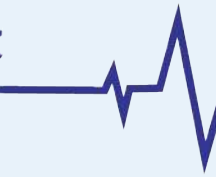


*Where faith  
and reason are  
compatible.*



**Pulse**  
of the Heart of Longmont

Volume 6 Issue 6

February 21, 2019

## *Free The Girls!*

*-submitted by Catherine Murphy*



**In 2013 The Heart of Longmont** became a drop-off location for donations of new or gently used bras to be given to Free The Girls and assist in helping survivors of human trafficking! Second-hand clothing is a profitable market in many countries around the world and bras are usually sought after items. Some of the girls in the Free The Girls program are making 3-5x the minimum wage in their community by selling bras!

Our local UMW coordinates the efforts of folding, packaging, and distributing the bras on an ongoing basis. Our 2013 Spring Sling Bra Drive brought in nearly 1,500 bras and over \$600 was raised for Free The Girls. **Bra-vo, church,** thank you for your continuing support!

Fast forward to 2017, and we have either shipped or delivered 6,000 bras to the Free The Girls warehouses! Free The Girls ([www.freethegirls.org](http://www.freethegirls.org)) is an international non-profit organization devoted to coming alongside sex trafficking survivors with a path to true freedom. It's a journey from horrific trauma to reintegrating into the life they were meant to live within their family and community. Their goal for true freedom is measured by economic freedom, restored health, social well-being, education, and opportunity for a different, hopeful future.

ALL THIS FROM A BRA!!! (and a used bra, at that!)

Here we are in 2019 and Free The Girls provides services in Mozambique, Uganda, El Salvador, and will soon be assisting survivors in Costa Rica. In 2013, our collection of 1,500 bras helped provide 30,000 bras to eager survivors in Mozambique. The end of 2018 Free The Girls reached the 1 Millionth bra collected milestone!

National Freedom Day is being celebrated by Free The Girls on March 14<sup>th</sup> – and, as a Drop-Off location, we are invited to share our story and help increase the awareness of our mission to help as well as share the stories of the women and families we have helped.

So how can you help?

*...continued on next page*

- ⇒ Ladies, scour your drawers for the bra that just doesn't quite fit anymore (or doesn't go with your new shoes or hair color)
  - ⇒ Sponsor a bra drive (use our 'Spring Sling' name to draw attention!!) in your neighborhood or work place
  - ⇒ Donate a new bra
  - ⇒ Donate a buck (the cost to ship bras is just not cheap!!) (earmark donations 'FTG')
  - ⇒ Educate yourself and your family about the REALITY of human trafficking
  - ⇒ Become an advocate for those affected by this social disease
  - ⇒ Join the CNN Freedom Project on March 14 for #MyFreedomDay — when students around the world will be holding events to raise awareness of modern -day slavery.
  - ⇒
- Next to the tub for your donations, there is printed material in the Gallery for you to take and to share.

***Empowerment gives women the opportunity to be who they were designed to be.***

## *Favorite Hymns at Work and Play*

Dentist's hymn: *Crown Him with Many Crowns*

Weatherman's hymn: *There Shall Be Showers of Blessings*

Architect's hymn: *The Church's One Foundation*

Tailor's Hymn: *Holy, Holy, Holy*

Golfer's Hymn: *There Is a Green Hill Far Away*

Politician's Hymn: *Standing on the Promises*

Optometrist's Hymn: *Open My Eyes that I May See*

Electrician's Hymn: *Send the Light*

Shopper's Hymn: *Sweet By and By*

Taxpayer's Hymn: *I Surrender All*

Gossip's Hymn: *I Love To Tell The Story*



Source: Christian humor and thoughts for the day (FB page)

## *Days for Girls seeking donations - by Sandi Austin*

This month's Compassion Offering, which you learned about in last week's Pulse newsletter, is a first-time project for the women of Heart of Longmont United Methodist Church. Last week, a group of volunteers began making and putting together kits for this worthwhile campaign. There are some materials they are needing, however, and the women are accepting any of the following items as they work on this project:



- Girls underpants – size 10-14
- Wash cloths – small size
- Hotel size bars of soap
- Zip lock bags – Gallon Freezer



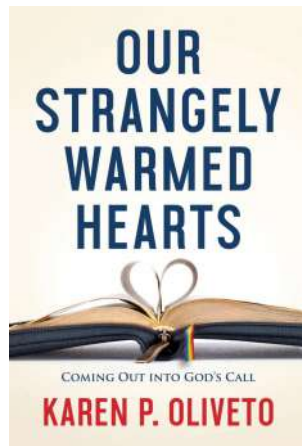
- Dark flannel cotton fabric – ***no animals, bugs, or eyes***
- Cotton quilting fabric – ***no animals, bugs or eyes***

If you would like to learn more about donations needed, or how you can help with the project, call Marty Allison at **303-772-7816** or email her at [martyallisonco@gmail.com](mailto:martyallisonco@gmail.com).

When we work, we work.  
When we pray, God works.

Hudson Taylor

## *Bishop Karen Oliveto's Book is Available!*



The library has recently acquired Bishop Karen P. Oliveto's book, "Our Strangely Warmed Hearts: Coming Out Into God's Call." To quote the cover notes, "In the United Methodist Church and other Christian denominations, it is difficult or impossible for lesbian, gay, transgender, and bisexual clergy or laity to become visible, outward channels for God's saving grace. Karen Oliveto traces the church's history with this struggle with homosexuality. . . ." "The book also includes first-person narratives from LGBTQ persons faithfully serving in a denomination that denies their calls—

and in some cases—their presence."

Given that a special session of the United Methodist General Conference will be held in St. Louis in February 2019 to examine and possibly revise every paragraph of The Book of Discipline concerning human sexuality, we have placed a copy of Bishop Oliveto's book on the library table in the gallery, along with several other books written by and/or about some in the LGBTQ community, so that we can become acquainted with some of those for whom this Commission will attempt to speak.



**SERVICE ON  
MARCH 6 - 7PM**





## Movie Recommendation: Green Book



Since February is Black History Month, and Keith Watson noted that in our mission moment on Sunday February 9, I believe it would be good to add that the movie “Green Book”, which has been playing in theaters lately, is a good lesson in Black History, and the challenges and progress historically endured during and since the 1950s and 1960s.

Its ultimate lesson, without spoiling the plot, is that we won’t and don’t fully respect someone (who is different in any way: racially, or sexual identity, or even just ethnically) until we can develop a full and deep relationship with them, and that any and many of our simplifying assumptions can be and often are hurtful and damaging to that relationship. Lastly, it also shows the ultimate courage which is required to commit to such a relationship, as well as the some of the benefits that result from that relationship.

It is based on a true story, which adds value and veracity to it. But I can honestly say, in the end, I had a notably heightened awareness of both my past errors and future opportunities. Thus I was quite glad I had seen the movie. I think you will be too!

~Mark Vancura

## HOLY BLOOPERS!



Need a laugh? Check out these holy bloopers from REAL church bulletins!

- ⇒ The peacemaking meeting scheduled for today has been canceled due to a conflict.
- ⇒ The outreach committee has enlisted 25 visitors to make calls on people who are not afflicted with any church.
- ⇒ A new loudspeaker system has been installed in the church. It was given by one of our members in honor of his wife.
- ⇒ The church will host an evening of fine dining, superb entertainment, and gracious hostility.
- ⇒ Men’s Prayer Breakfast. No charge, but your damnation will be gratefully accepted.
- ⇒ If you are going to be hospitalized for an operation, contact the pastor. Special prayer also for those who are seriously sick by request.
- ⇒ The agenda was adopted...the minutes were approved... the financial secretary gave a grief report.

## *Mountain Sky Conference of The United Methodist Church* **DISTRICT GATHERING**

The event will take place from 9:30 am to 3:00 pm on **Saturday, March 30**, at various locations throughout the conference. We will welcome keynote speaker, Diana Butler Bass, who has a doctorate from Duke University. Diana is an award-winning author, internationally known public speaker and thought leader on issues of spirituality, religion, culture and politics.

In *Grateful: The Transformative Power of Giving Thanks*, her latest of ten books, Bass offers suggestions for reclaiming gratitude that can lead to greater connection with God, our loved ones, our world and even our souls. These themes will provide a helpful message we look forward to hearing in this time of deep anxiety and division.



Are you planning to attend this event? [Let us know on Facebook!](#)

### **Peaks/Pikes Peak District Locations**

- Sunrise UMC, 2655 Briargate Blvd., Colorado Springs, CO 80920
- Heart of Longmont UMC, 350 11th Ave., Longmont, CO 80501

To register or view a tentative schedule, go to <https://www.mtnskyumc.org/districtgathering>.

## *Paint bowls for the OUR Center - THIS Sunday!*

This Sunday we will be painting bowls for Empty Bowls. It is a fun activity which everyone of all ages can enjoy. So after church go to Wesley Hall to decorate the bowls which will be taken to Crackpots for firing. Then at the Empty Bowls event on March 16, the bowls will be for sale for the benefit of the OUR Center.



For more information and to purchase tickets and sponsorships, go to <https://www.ourcenter.org/emptybowls/>.

## *United Methodist Ken Koome to Visit in March*

Missionary to East Angola Ken Koome will be at Heart of Longmont on **Monday March 18, 6:00 pm** to share about his work. Ken is one of several missionaries the Mountain Sky Conference supports. We will have a potluck dinner that evening and everyone is invited.

Ken serves as a Global Ministries missionary in the East Angola Conference of the United Methodist Church. He is the financial officer for Advance projects in the East Angola Conference, which means that he is key to all the work being done through the church in East Angola. He pays the pastors the salaries raised by churches across our conference, he facilitates the agricultural work being done at Quessual Methodist Mission, he assists in the rebuilding of churches, oversees Imagine No Malaria work, and helps with visiting UMVIM teams. Since he is key to so many projects, he can share about the many ways that the United Methodist Church is making a difference in the lives of our brothers and sisters in Angola. He is looking forward to being in the Mountain Sky Conference, the largest supporter of these projects.

He has served with Global Ministries for many years as a missionary in Nigeria and as a financial officer based in Nairobi, Kenya (his home) where he was sent all over Africa to assist conferences regarding financial matters. He has years of experience helping the United Methodist Church grow and develop.



*Ken and the truck the Mountain Sky Conference helped purchase for him.*

## *Heart of Longmont Orientation: Lunch with the Pastor*



**Sunday, March 3, right after worship**, you can have lunch with Pastor Burt and get a short orientation to our church. If you are new to Heart of Longmont, or just interested in what makes us who we are, you are invited! Learn some of this history of our denomination as well as this local church. Meet some of the leaders who work to make our vision of ministry tangible.

A sign-up sheet is on the Hospitality Desk in the Gallery. Sign up soon so we know how many to plan for!

## 5TH Annual CHILI CHILI BANG BANG Cook Off!

**When:** Saturday, February 23, 2019 from 2:00 PM to 5:00 PM MST

**Where:** Grossen Bart Brewery 1025 Delaware Ave Longmont, CO 80501

**Contact:** Laura Teta  
The Inn Between of Longmont, Inc.  
**303-684-0810**  
[laura@innbetween.org](mailto:laura@innbetween.org)



CHILI for a CAUSE: enter your best chili recipe or just come to taste! This is a jam packed event with several varieties of Home Cooked Chili, Live Music, Prizes, and Grossenbart Brews! All proceeds benefit The Inn Between of Longmont and HOPE!

To register, go to <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eg06tpkb20c3f979&oseq=&c=&ch=>

## PFLAG Boulder County - Crafting a New Normal



PLEASE RSVP and JOIN US on **Saturday, March 16, 2018, 10am – 3:30pm** at First United Methodist Church, 1421 Spruce Street, Boulder, CO 80302 for **Crafting a**

**New Normal: A Community Gathering about Inclusion and Intersectionality.**

The goal of this daylong gathering is for participants to be inspired to act in ways that honor diversity, empower the marginalized, and liberate the oppressed.

FREE Event. Registration Required. For more details, visit <https://www.craftinganewnormal.org/>.



## Ice Auction - Fundraiser for HOPE & Agape



**When:** Saturday, March 2, 2019 from 5 PM – 10 PM

**Where:** Großen Bart Brewery  
1025 Delaware Ave Unit A, Longmont, Colorado  
80501

We are celebrating fine art and antiques while auctioning them off for charity. (AGAIN)

**All ages welcome and no cover!**

People over Possessions!

75% of all proceeds will benefit local homeless efforts at Agape Longmont, and HOPE for Longmont.

LIVE Ice Carving by Jess Parrish at Cool Hand Ice Carving.

Music by Tim Ostdiek and Flynn & The Electric Company.

Shinkyū No Food Truck.

Event will be held at Großen Bart Brewery.

More than 50 auction items from Lindseyland will be auctioned off! No minimum, bids open at 5pm and close at 9:30pm.

Dress for success. Find the fancy outfit you can never wear, now's the time!  
Be brave.

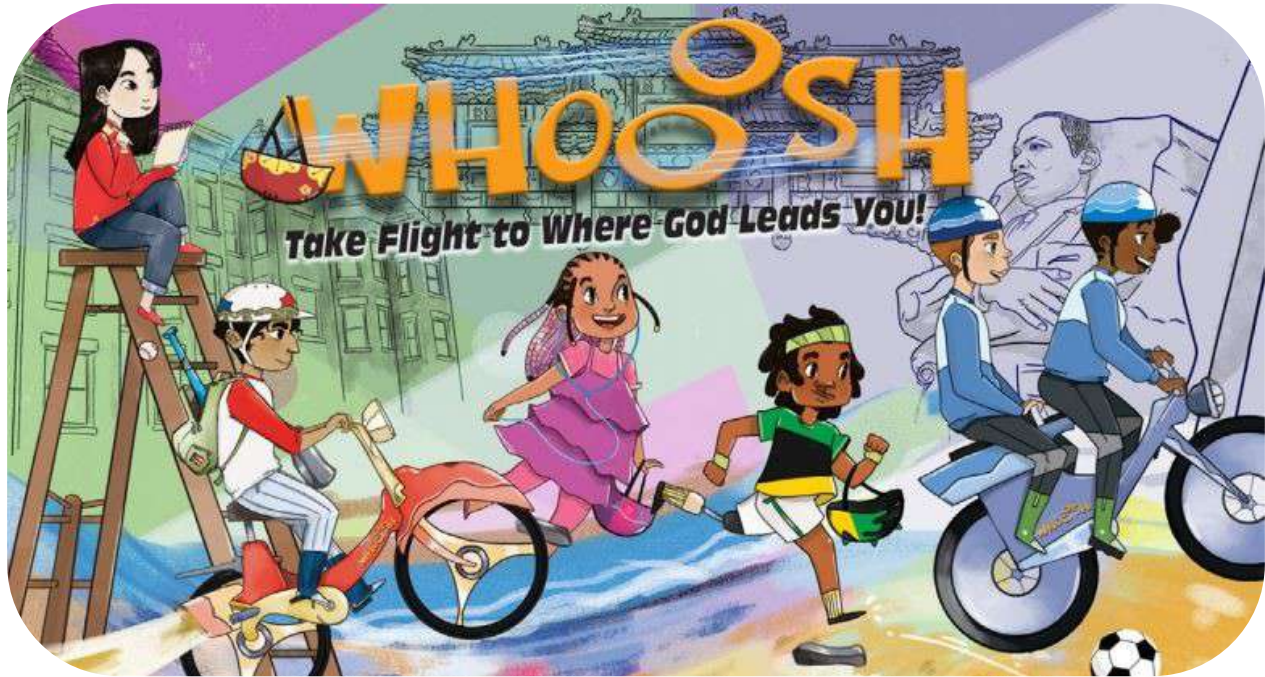
## Save the date! - Build Day April 6



An opportunity to give hope to a family in need has come up again on **Saturday, April 6, from 9-4 pm**. It's Habitat for Humanity Build Day and, if you've participated in this event before, you know what it's all about. If you haven't, it's a day of working to build a home with other volunteers. You just need the will to give of your time and whatever talent you may bring to the build site. We have a job for everyone and all are welcome! If you are thinking about volunteering on Build Day,

please make sure to email Terry Monroe at [terrymonroe00@gmail.com](mailto:terrymonroe00@gmail.com) or **303-587-1064**. You will receive additional information via email.

## *Register for Vacation Bible School Now!*



Come join us for Whoosh Vacation Bible School, an exciting journey where everyone will experience God's power, presence, and steadfast love! This program celebrates how throughout the Bible, monuments are built to remember what God has done in the lives of God's people, from angels that go up and down a ladder- *WHOOOSH*—to a river whose water stands up- *WHOOOSH*—to let God's people cross over on dry land!

June 3-6 (Monday through Thursday) from 8:30 am – noon. Cost is \$15 per child, \$45 max per family. Ages pre-k through 5th grade, 6th graders and older are welcome to be helpers.

Join us to experience God's power, presence, and steadfast love, through pick-up games, spontaneous shows and interactive art, music and craft activities.

Contact Misty Bone with any questions at [720-628-7261](tel:720-628-7261) or [kidsofhol@hotmail.com](mailto:kidsofhol@hotmail.com).

*Register at [heartoflongmont.org/event/vbs-2019-whoosh](http://heartoflongmont.org/event/vbs-2019-whoosh)*



Heart of Longmont, 350 Eleventh Avenue, Longmont, CO 80501  
[heartoflongmont.org](http://heartoflongmont.org) / 303-776-3523 / WIFI Password HOL2016M